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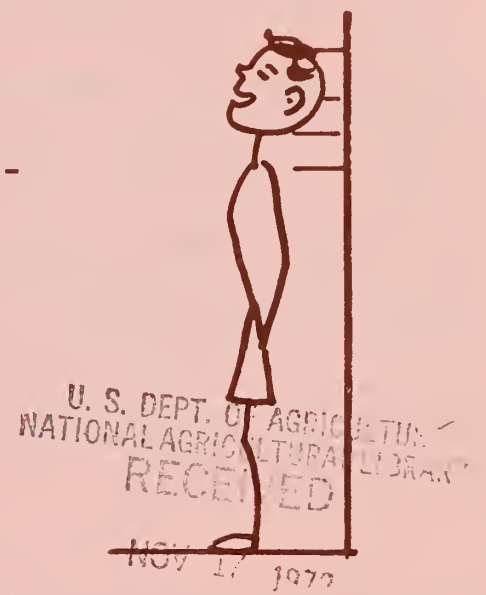
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BEEF and PORK

a good choice for the thrifty family

Meats are good for you---
help you grow
build muscle
and blood



Be a Smart Shopper
Find the REAL meat bargains!

Mostly bone
and fat



1-2 SERVINGS
IN A POUND

Some bone and fat



2-3 SERVINGS
IN A POUND

Mostly lean



3-4 SERVINGS
IN A POUND



CHOOSE THE MEAT THAT WILL GIVE YOU
THE MOST SERVINGS FOR YOUR MONEY



Liver and Ground Meat are
Especially Good Buys

FNS-24 (Formerly C&MS -36)

EASY CHUCK ROAST AND GRAVY

3- to 5-pound chuck roast
1 medium-size onion
1 can cream of mushroom soup (10 ½ ounces)

Put meat in a large pan with a tight fitting lid.

Slice onion. Put onion and soup on top of meat.

Cover pan tightly. Cook slowly 3 to 4 hours until meat is tender.

Add a little water during cooking, if needed.

A 4-pound roast with bone makes 8 servings or more, a 4-pound roast without bone makes 12 servings or more.

LIVER AND ONIONS

1 ½ pounds sliced beef or pork liver
About ⅓ cup flour
2 tablespoons fat or oil
1 ½ teaspoons salt
¼ teaspoon pepper
1 large onion
¼ cup water

Dip liver in flour.

Heat fat or oil in fry pan. Cook liver in the pan over medium heat until browned on one side.

Turn liver and sprinkle with salt and pepper.

Slice onion and put on top of liver. Add water.

Cover pan tightly and cook slowly about 20 minutes until liver is tender.

Makes 6 servings.

BOILED CURED PORK

Cured boneless shoulder butt, hock end of ham, or picnic shoulder may be used.

Cover meat with water. Heat to boiling. Lower heat.

Cook slowly until meat is tender: 1½ to 2 hours for a boneless shoulder butt; 2½ to 3 hours for a hock end of a ham; and 3 to 4 hours for a picnic shoulder. Allow more or less time for large or small pieces of meat.

The meat will be juicier if it is cooled in the broth for an hour.

Use the broth for cooking beans, cabbage, or greens.

HAM LOAF

1 small onion
1 pound ground cured ham
1 egg
½ cup fluid milk
½ cup uncooked, quick rolled oats
½ cup raisins, if you like

Finely chop onion.

Mix all ingredients well. Shape in a loaf in a baking pan.

Bake at 350° F (moderate oven) 1 hour.

Makes 6 servings.

SPAGHETTI SAUCE

1 pound ground beef
1 large onion
1 green pepper
2 stalks celery
2 cups tomato sauce
2 cups cooked or canned tomatoes
1 teaspoon salt
¼ teaspoon pepper
Hot cooked spaghetti or macaroni

Crumble ground beef in heated fry pan. Cook and stir until lightly browned.

Finely chop onion, green pepper, and celery. Add to ground beef and cook until tender.

Add tomato sauce, tomatoes, salt, and pepper.

Cover and cook slowly about 1 hour until thickened. Serve over hot cooked spaghetti or macaroni.

Makes 6 servings, ¾ cup each of sauce.

MEAT LOAF

- 1 small onion
- 1 stalk celery
- 1 egg
- 1 pound ground beef
- $\frac{3}{4}$ cup uncooked, quick rolled oats
- $\frac{1}{2}$ cup tomato sauce
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Finely chop onion and celery.

Mix all ingredients well. Shape into a loaf in a baking pan.

Bake at 350° F (moderate oven) about 1 hour until browned.

Makes 6 servings.



MEAT LOAF

HAMBURGER AND GRAVY

- 1 pound ground beef
- $\frac{1}{4}$ cup flour
- 1 teaspoon salt
- 1 medium-size onion
- 2 cups water
- Hot cooked rice, bulgur, or mashed potatoes

Crumble ground beef in a bowl. Add flour and salt. Mix with fork.

Chop onion. Put meat mixture and onion in heated fry pan. Cook and stir until meat is browned.

Add water. Cook slowly and stir until gravy is thickened.

Serve over hot cooked rice, bulgur, or mashed potatoes.

Makes 6 servings, $\frac{2}{3}$ cup each of hamburger and gravy.

BEEF STEW

- 1 $\frac{1}{2}$ pounds stewing beef
- Salt and pepper, as you like
- $\frac{1}{2}$ cup flour
- Fat for frying
- 3 cups water
- 3 medium-size onions
- 5 medium-size potatoes
- 5 medium-size carrots

Cut meat in small pieces. Sprinkle with salt and pepper, dip in flour.

Brown meat in fat on all sides.

Add water. Cover and cook slowly about 1 $\frac{1}{2}$ hours until meat is almost tender.

Cut up onions, potatoes, and carrots. Add vegetables to beef. Sprinkle with salt. Cover and boil gently until vegetables are tender, stirring once in awhile to keep from sticking.

Makes 6 servings, about 1 $\frac{1}{2}$ cups each.

PORK VEGETABLE STEW

- 1 pound boneless pork shoulder
- 1 medium-size onion
- 3 medium-size carrots
- 2 $\frac{1}{2}$ cups water
- 1 teaspoon salt
- 1 cup uncooked macaroni
- 2 cups cooked or canned green beans, undrained

Cut meat in small pieces and brown in a large greased pan.

Slice onion and carrots. Add to meat. Stir in water and salt. Bring to boiling. Lower heat.

Cover and boil slowly about 45 minutes until meat and carrots are tender.

Stir in macaroni and beans. Cover and boil gently about 10 minutes until macaroni is tender, stirring once in awhile to keep from sticking. Add water during cooking if mixture seems dry.

Makes 6 servings, about 1 cup each.

SLOPPY JOES

1 medium-size onion
1 pound ground beef
1 teaspoon salt
 $\frac{1}{2}$ cup catsup (see Note)
 $\frac{1}{4}$ cup prepared mustard (see Note)
Buns or bread

Chop onion.

Crumble ground beef in heated fry pan. Add onion and salt. Cook and stir until meat is browned.

Stir in catsup and mustard. Cook slowly until hot.

Serve on warm buns or bread.

Makes 6 sandwiches.

Note: $\frac{3}{4}$ cup tomato sauce may be used instead of catsup and mustard in this recipe.



LIVER CREOLE

3 tablespoons fat or oil
1 pound sliced beef or pork liver
1 large onion
2 cups cooked or canned tomatoes
 $\frac{1}{2}$ teaspoon salt
1 tablespoon sugar
1 tablespoon flour
 $\frac{1}{4}$ cup water

Heat fat or oil in fry pan. Add liver and brown on both sides.

Chop onion. Add onion, tomatoes, salt, and sugar to liver. Cook slowly about 20 minutes until liver is tender.

Mix flour with water and add to liver mixture. Cook 1 to 2 minutes longer until sauce thickens.

Makes 6 servings.



HAM AND VEGETABLE CHOWDER

2 large potatoes
 $\frac{1}{2}$ small head cabbage
1 medium-size onion
2 cups ham broth
2 cups fluid milk
1 cup cut-up, cooked cured pork
Salt and pepper, as you like

Cut up potatoes. Chop cabbage and onion.

Put ham broth in pan. Add vegetables and cook slowly until tender.

Add milk, pork, salt, and pepper.

Cook slowly until hot.

Makes 6 servings, about 1 $\frac{1}{2}$ cups each.